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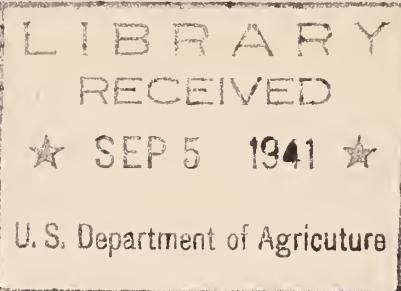
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INFORMATION FOR THE PRESS

United States Department of Agriculture



RELEASE FOR PUBLICATION :
SEPTEMBER 5, 1941 :

WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

STOP FOOD WASTES

"Waste not -- want not!" is a maxim thrifty homemakers have always practiced.

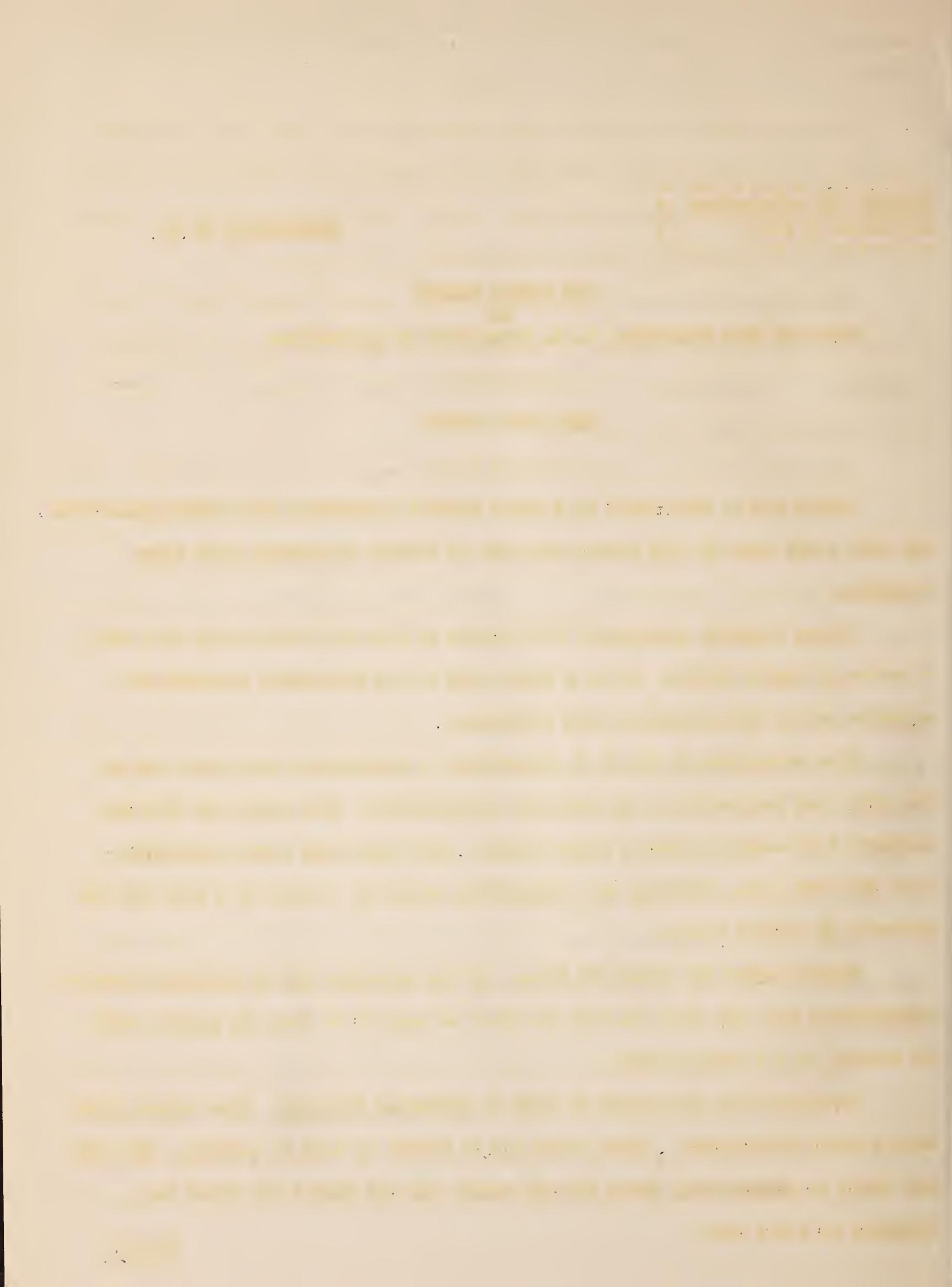
And with every rise in food prices the army of thrifty homemakers gets more recruits.

Today, stopping unnecessary food wastes at home has become much more than a matter of family thrift. It is a basic step in the nationwide movement to conserve all of this country's food resources.

Home economists in the U. S. Department of Agriculture list here many of the ways that food waste in the home may be prevented. They point out that the smallest food waste is never a minor matter. For these tiny wastes happening over and over again, total up to a staggering amount in a month or a year for the nation's 34 million homes.

Wastes happen all along the line. So the homemaker has to practice constant watchfulness from the time she buys the food or gets it in from the garden until it appears on the family table.

Groundwork for much waste is laid in unplanned shopping. Wise buyers never shop without their notes. These notes may be mental or down in writing. But they are based on advance meal plans for the family for the period for which the shopping is being done.



Some homemakers can buy far ahead because they can make plans far ahead. Some can't. It depends on how regularly every member of the family eats at home. Some groceries can be bought long ahead of time. Some can't. It depends upon how perishable they are and the storage arrangements in the home.

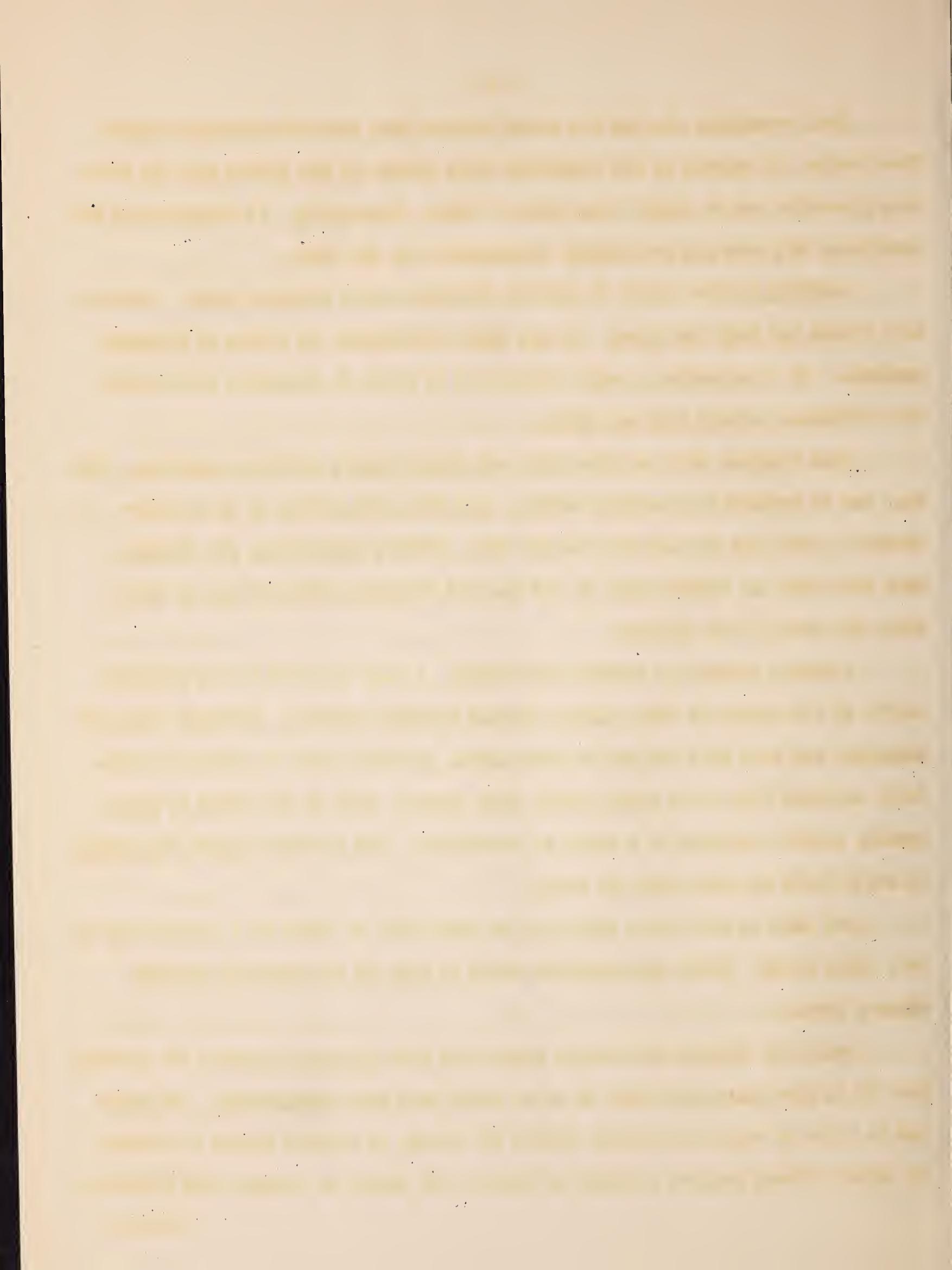
Learning to know marks of quality eliminates much shopping waste. Government grades can help the buyer. So can other information on labels of packaged products. In other cases, a woman simply has to learn to recognize for herself the difference between good and poor.

Wise shoppers also see that they get their money's worth in quantity. This too, can be learned from reading labels. And it's good policy to be a scale-checker -- see that you get all you pay for. Thrifty homemakers, for example, make sure that the butcher puts in all the fat trimmings with her cut of meat. These she uses in her cooking.

Improper storage is another food thief. A case in point is the prodigal amount of fat wasted in this country through improper storage. Leftover fats and drippings are good food and can be used again. But they must be stored as carefully as other fats -- in a dry, cold, dark, place. Left on the stove to grow rancid, they'll not only be a waste in themselves. But they will spoil the flavor of other foods in which they are used.

And just as there is a right way to store fats so there is a correct way to keep other foods. These any homemaker needs to know if she wants to prevent storage losses.

Many very obvious food wastes occur when food is being prepared for cooking. Here it is that they are likely to be so small they seem unimportant. But there can be a lot of waste in potatoes peeled too thick, in outside leaves of lettuce or cabbage thrown away as a matter of habit -- in lemons or oranges only partially



squeezed -- in batter or dough not scraped thoroughly out of the mixing bowl.

There can be waste, too, in products that are carelessly prepared and because of that turn out to be failures. Careless measuring, for instance, can often make the difference between a successful cake and one that is thrown away or only half eaten.

Directly and indirectly, a great many food losses are the result of bad cooking or unattractive serving.

Indirectly, poor cooking is responsible for food the family wastes by leaving portions uneaten on the plate. Tasteless, monotonous meals and servings that are too large cannot keep a family interested. And no cook should pat herself on the back for saving leftovers, if she simply warms them up and has to throw them out later on. Good cooks use leftovers so they lose their identity in an entirely new dish. Leftover vegetables, for instance, seem like something else again in scalloped dishes, in soups, and stews.

Good cooks never throw away a bit of meat drippings, but use them to fry potatoes, for instance, or flavor the string beans.

Directly, poor cooking causes even bigger wastes. There's nothing that's more of a total loss than a burned piece of toast or cake. When meat is improperly cooked at too high a temperature it shrinks in the process much more than necessary. This means fewer servings per pound.

Not visible to the naked eye, but important losses nevertheless are the vitamin values and minerals lost in cooking foods. To prevent these the Bureau of Home Economics has formulated the following eleven rules.

Don't stir air into foods while cooking. Don't put them through a **sieve**

while still hot. Don't use soda in cooking green vegetables. In boiling foods, raise the temperature to the boiling point as rapidly as possible. Use as little water as possible. Don't use long cooking processes such as stewing when shorter methods are feasible. Don't throw away the water in which vegetables have been cooked. Use it in making gravies, sauces, and soups. Prepare chopped fruit and vegetable salads just before serving. Start cooking frozen fruits and vegetables while they are still frozen. Serve raw frozen fruits immediately after thawing. After food is cooked, serve it at once.

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U. S. Department of Agriculture
WASHINGTON, D. C.THE MARKET BASKET
by
Bureau of Home Economics, U. S. Department of Agriculture- - -
BUYING HOSIERY
- - -

"Hosiery" is one of the most unpredictable items in many a woman's clothing budget. For, like misfortunes of greater proportions, there seems to be no telling when snags, runs, and holes are coming on.

"However, a woman can eliminate a lot of stocking disasters by intelligent hosiery shopping and care of the stockings after they are bought," points out Margaret Smith, clothing specialist of the Department of Agriculture's Bureau of Home Economics. "She can expect longer wear, greater comfort from a pair of stockings, if she checks them on important points of hosiery selection before she buys."

What these important points are, Miss Smith lists in the following paragraphs.

First -- of what fiber are the stockings made? That's more of a consideration these days than ever, although stockings counters have recovered from the general disorder that followed the restrictions imposed on the use of silk for civilian purposes. Available on the market now are attractive, well-fitting stockings in cotton, silk, wool, rayon and other synthetics, and mixtures of fibers.

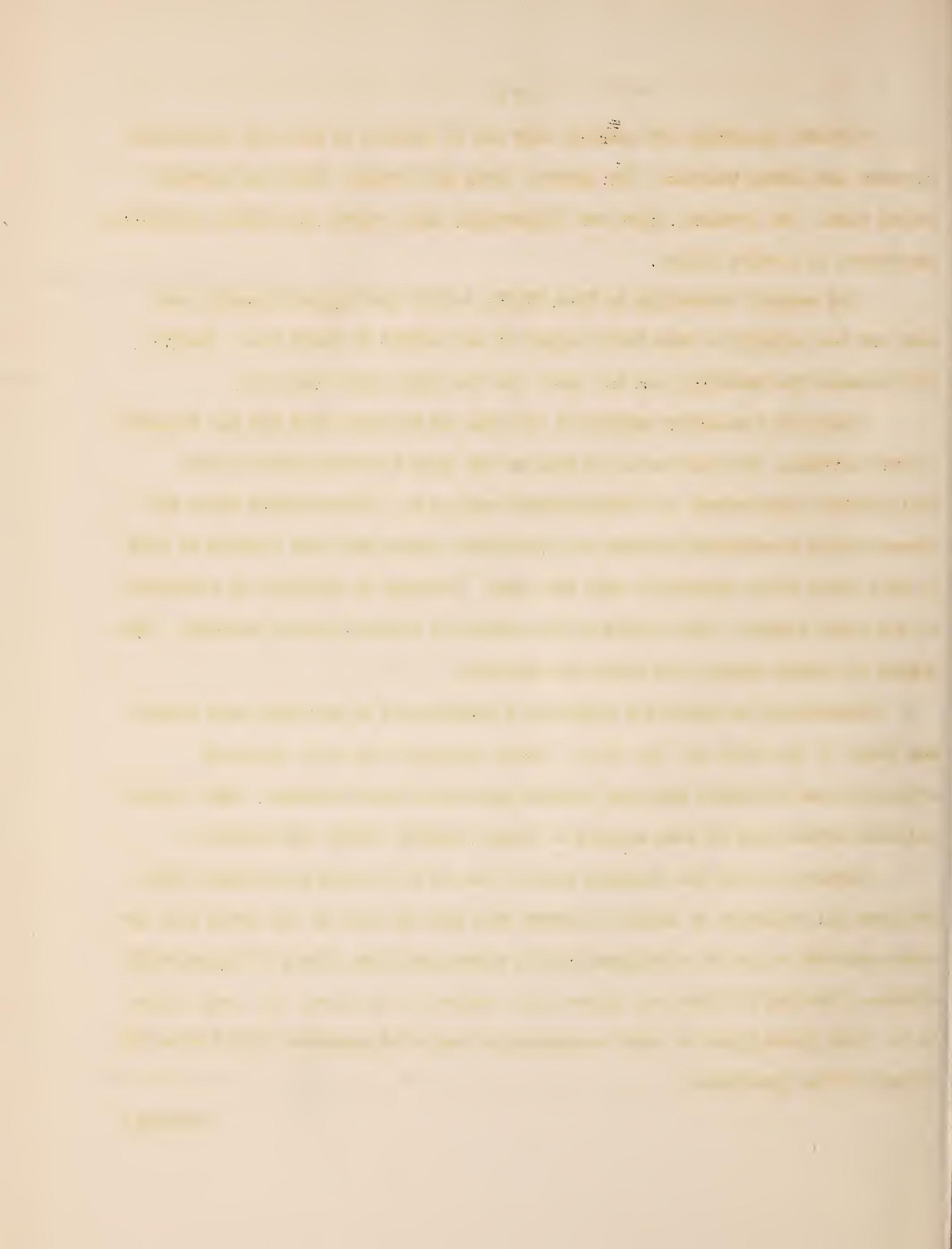
Suitable stockings for general wear are of cotton, of silk and synthetics in heavy and medium weights. For sports, there are cotton, wool, and service-weight silk. For evening, there are lightweight silk, rayon, and other synthetics, and cotton in novelty knits.

What weight? According to Miss Smith, one of the biggest reasons hose wear out too quickly is that their weight is not suited to their use. Usually, it's because the stockings are too sheer for the heavy wear they get.

Weight of a stocking depends on the size of the yarn used and the fineness of the knitting. In silk hose, the size of the yarn is often given in the designations "two-thread" or "three-thread" and so on. Three-thread yarns are stronger than two-threads because one more fiber strand has been twisted or laid in with other fiber strands to make the yarn. Fineness of knitting is indicated by the gauge number. This refers to the number of needles used in knitting. The higher the gauge number, the finer the knitting.

Easiest way to check the weight of a stocking is to put your hand inside and judge by the looks and the feel. Cotton stockings and wool stockings ordinarily may be judged that way without going into gauge numbers. Many stores now have cotton hose in four weights -- heavy, medium, light, and chiffon.

Texture -- look the stocking over to see if it is well and closely knit. See that the "courses" or loops of thread that show up best on the wrong side are close together -- so the stockings will be strong and have plenty of up-and-down stretch. Special finishes may improve the texture of the hose. One such finish is the high twist given to silk to make crepe hose with permanent dull finish and better-fitting qualities.



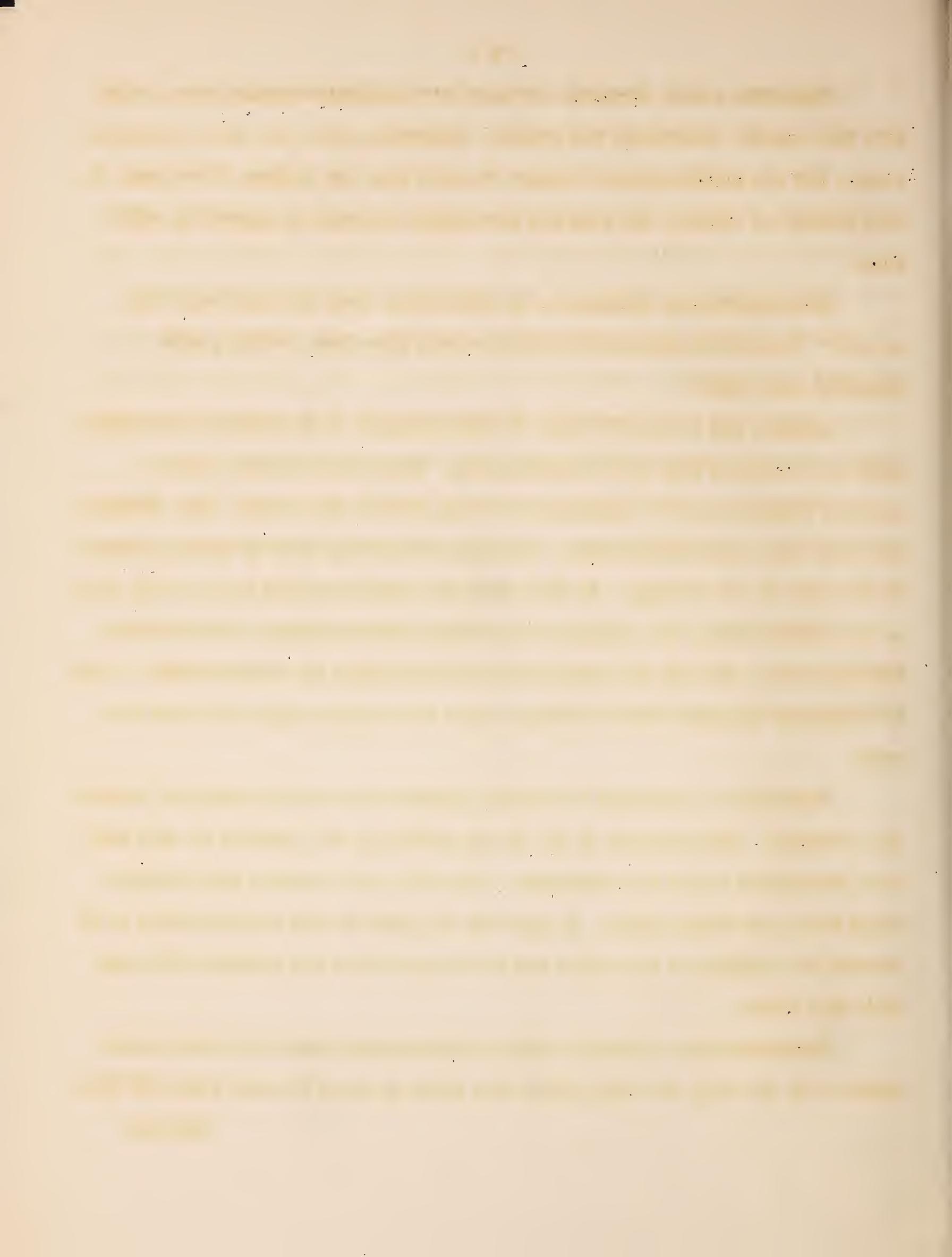
High-grade cotton stockings are made from long-staple cotton yarns, which have been combed, mercerized, and gassed. Mercerizing gives the hose a permanent luster, and the gassing process removes the fuzz from the surface of the yarn. In hose classed as "lisle," the yarn has been highly twisted, to improve it still more.

Full-fashioned or seamless -- in other words, have the hose been "knit to fit?" Or are they circular knit with no real seam down the back, only stretched into shape?

Quickest way to see if a hose is full-fashioned is to check on the fashion marks at the center back of the stocking leg. These fashion marks indicate stitches dropped when the stockings were being knitted into shape. Some circular knit hose have mock fashion marks. You can tell the real ones by looking closely at the ribs of the stocking. If these ribs are straight up and down on both sides of the fashion marks, the stocking is not really full-fashioned. In real full-fashioned hose, the ribs run straight up and down inside the fashion marks -- come in diagonally downward from the outside where the stocking shapes out over the calf.

Elasticity -- necessary to stocking comfort is a certain amount of stretch in a stocking. And necessary to fit is the ability of the stocking to snap back into shape after it has been stretched. Otherwise, the stocking soon develops baggy knees and bunchy ankles. A quick way to check on this characteristic is to stretch the stocking at the ankles and at the top to see how quickly it'll snap back into shape.

Reinforcements -- look for sturdy reinforcements where the hardest wear comes -- at the heel, the high splice that comes up above the shoe line, the sole



of the stocking, and the toe. All hose need some reinforcements and the harder the wear they get -- the sturdier these should be.

Size -- stockings the right size wear better, feel better. Usually a stocking foot length should be 1/2 inch longer than the foot. Stocking size is the length of the stocking foot in inches. Size 9 would be 9 inches long. Wool hose usually should be about a half size larger to allow for shrinkage.

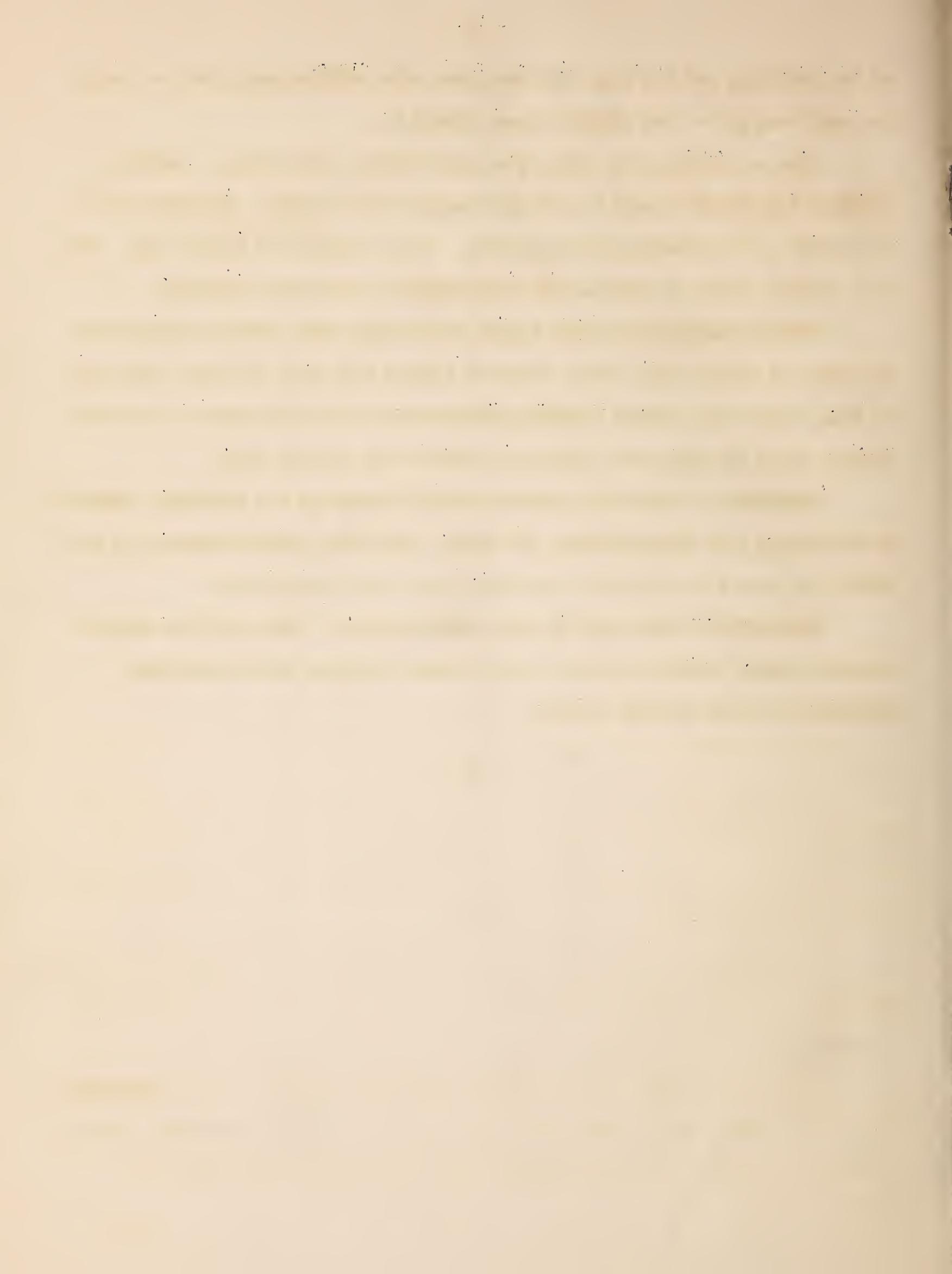
Buying stockings the right length saves many a run. Medium length hose are about 31 inches long; short, about 28 inches; and long, 33 inches from heel to top. Women with unusual stocking problems may find their answer in hose of special sizes for women with larger or smaller than average legs.

Appearance -- check the general overall "looks" of the stocking. Examine it for rings, yarn imperfections, and snags. Ask about color-fastness. If possible, get hose that are fast to washing, light, and perspiration.

Laundering -- wash hose in mild, lukewarm suds. Rinse twice in clear, lukewarm water. Stretch feet and legs to shape and hang to dry away from radiators or other heating devices.

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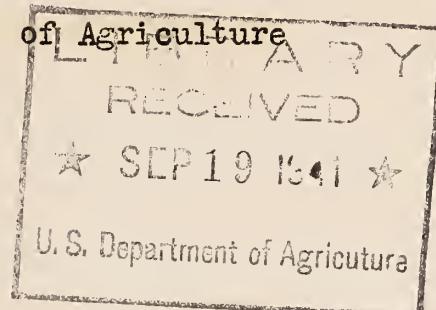
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THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

GOOD DIETS AT LOW COST



All over the country -- in 34 million homes -- women are taking their part in the all-out effort to build an invincible America. Quietly, they are laying the basis for a strong and alert nation by supplying their families the kind of food that builds strong bodies, steady nerves, and high morale.

"The less money there is to get the right kind of a diet -- the more important is a homemaker's good food judgment to the health of her family," says Dr. Hazel K. Stiebeling, food economist of the U. S. Department of Agriculture.

"For the less money there is to spend, the greater is the problem of assembling meals that are both nutritious and attractive. But it can be done -- and it is being done everyday by women who shop intelligently, who keep food values uppermost in their minds as they plan meals."

As a help to the homemaker operating on a limited food budget, Doctor Stiebeling and her co-workers have developed a master low-cost diet plan. To be a useful guide in all parts of the country, this plan has been outlined in terms of food groups rather than by naming each individual food.

As a basis for the low-cost plan, Doctor Stiebeling used the new national yardstick for good nutrition. This yardstick, adopted by the National Nutrition Conference for Defense in May, 1941, sets a new high goal for the meal planning

of the whole country. In terms of necessary food values, the yardstick recommends the daily allowances of each needed to keep the whole family in good health.

Doctor Stiebeling translates the food values of the yardstick into the language of the homemaker in her plan for a low-cost diet. Therefore diets that follow her plan automatically meet the measurements of the yardstick.

First item in the low-cost master plan is milk. This includes milk to drink, milk for cooking, and milk in the form of cheese or other dairy products. Every child gets 3 to 4 cups a day. Every adult gets 2 to 3 cups. Each expectant mother gets 1 quart, and a nursing mother $1\frac{1}{2}$ quarts. It is more important to have the quantity of milk listed every day than it is to get milk in any special form, according to Doctor Stiebeling. Cheaper forms of milk may often be used in cooking.

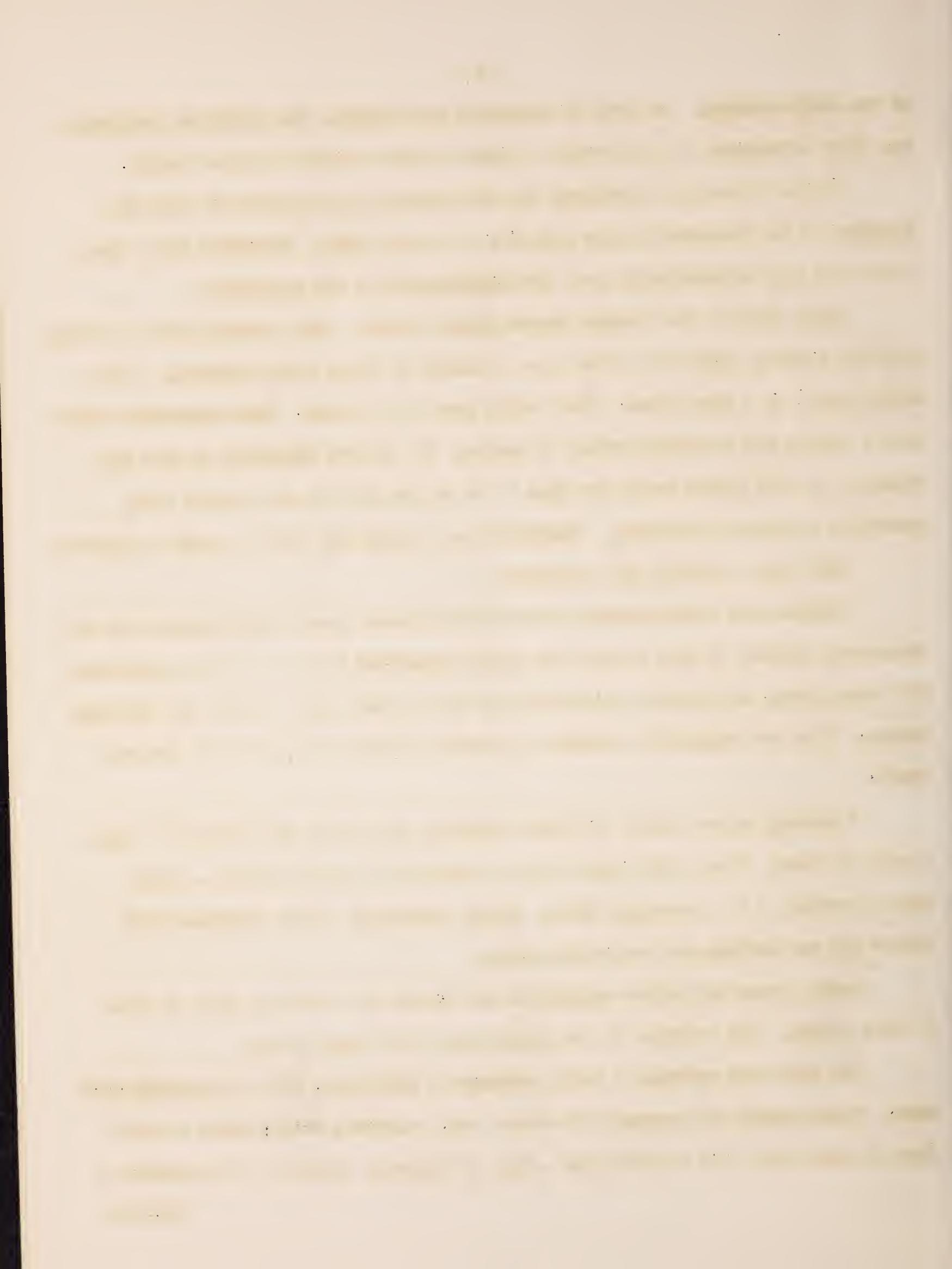
Next item -- fruits and vegetables.

Potatoes and sweetpotatoes are called for about twice a day because they are economical sources of many of the food values specified in the nutrition yardstick. Dry beans, peas, and peanuts are called for two to four times a week, for the same reason. They are especially valuable as sources of iron and protein in low-cost diets.

Tomatoes, citrus fruit, or other vitamin-C rich foods are included 5 times a week at least. Every child under four is allotted 1 serving a day -- every nursing mother, 1 to 2 servings daily. Among economical "other vitamin-C rich foods" are raw cabbage and raw salad greens.

Leafy, green and yellow vegetables are served in a low-cost diet at least 6 times a week. And everyone in the family has 3 to 4 eggs weekly.

The diet plan provides 6 small servings of lean meat, fish, or poultry each week. There should be a cereal dish once a day, sometimes twice; bread in some form at every meal, and dessert once a day, if desired. From 30 to 50 percent of



all the cereals served should be the whole-grain kind, because of the iron and other minerals and vitamins they provide.

A family of four -- two moderately active grownups and two children of school age -- can get meals that measure up to the yardstick of good nutrition for \$6.50 to \$9.00 a week, using this low-cost master plan. The difference in the weekly cost depends upon the selections made within the different food groups. Farm families of course, could get the same diet for much less outlay of cash by well-planned home production and home canning program.

Chief thing to keep in mind in planning low-cost diets, according to Doctor Stiebeling, is that you can't expect to get a lot of variety in the foods you buy. For when a diet is well-rounded for a minimum amount of money, you have to rely heavily on certain foods that are economical sources of a number of different food values.

For that reason good cooking becomes doubly important. Variety can be managed by varying the way a food is served from day to day -- and by imaginative seasoning.

Much can be done to cut food costs by careful selection within each food group. The lean parts of low-cost cuts of meat are just as nutritious as those from more expensive cuts. Certain kinds of greens are cheaper than others and just as nutritious. The greens used in the South for instance -- collards, kale, turnip and mustard greens -- usually are much cheaper and at the same time higher in food values than bleached cabbage and lettuce.

In buying canned goods, the grade and size of container can make a marked difference in cost, but not in the wholesomeness of the contents -- and usually not in food value. Certain fresh vegetables and fruits that are too expensive for a limited food budget most times of the year, can be bought for variety at seasons when they are flooding the market and low in price.

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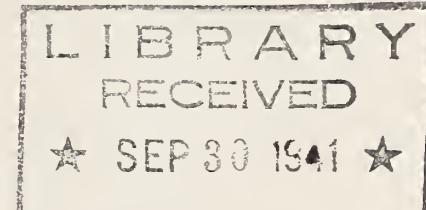
WASHINGTON, D. C.

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

OUTLOOK ENCOURAGING FOR HOT SCHOOL LUNCHES



Down country roads and city sidewalks -- some 30 million children are heading back to school this month. And, according to advance reports, a hot school lunch is taking the place of more tin dinner pails than ever this term.

"The increase in hot school lunches is one of the most encouraging signs of the times, nutritionally speaking," believes Dr. Louise Stanley, chief of the U. S. Department of Agriculture's Bureau of Home Economics. "For from a national standpoint, it is just common sense -- and plain economics -- to do all that can be done to help the Nation's youth healthy in body and mind.

"Good food is a basis for good health. The hot noon meal can round out the day's diet for children from families that provide two other nourishing meals a day. For children from underprivileged homes the hot lunch can mean even more. In some measure, the hot lunch can make up for the slack in their other meals."

Hot lunches have long been recognized as desirable because of the benefits to children's health. But teachers and parents testify to other good results. They report that better school attendance, better attitudes of work, even better scholarship show up as soon as hot school lunches are served regularly.

Although accurate figures on all school lunches served throughout the country are not available, one thing is certain. The trend is upward -- not down. And since 1939, millions of undernourished children have been added to those receiving school lunches, thanks to surplus farm commodities made available for that use.

This year, the Surplus Marketing Administration of the U. S. Department of Agriculture looks for surplus farm commodities to reach upwards of 5 million children. Almost as many more "eligible" children can be served, if more communities take it upon themselves to provide the sponsorship for such projects.

There's little red tape involved in getting such a program for a school attended by eligible children. But the Surplus Marketing Administration does require that some reliable person be responsible for the program. That is, there must be someone to take charge of it -- see that the lunches are prepared and served -- and that nonsurplus foods are provided when they are needed to make the lunch complete. County superintendents of schools, county commissioners, city and county officials, and even teachers in one-room rural schools have sponsored successful school lunch programs.

In addition, of course, there need to be others who cooperate -- see to it that funds are provided to carry on. Civic organizations, such as parent-teachers associations, churches, and service clubs usually take care of this end of things.

According to the Surplus Marketing Administration, school authorities or others interested in getting surplus commodities for the lunches in their school should get in touch with local or State departments of public welfare.

But no matter who oversees the school lunch or how it is financed, it should be well-balanced if it is to do the most good. It needs to provide the kind of food children can use to build their bodies, and can use for energy for play and study.

"Ideally," points out Doctor Stanley, "a school lunch is made up of one nourishing main dish, a glass or two of milk, fruit or vegetable in some form, bread and butter or a sandwich, and a simple dessert."

On this main theme, there may be a thousand variations. For the menu varies according to the food value of the main dish and the cooking equipment and other facilities on hand.

Most ambitious school lunches are built around a substantial main dish -- with the rest of the meal of lighter foods. The main dish may be of meat, fish, eggs, or beans. Or it may be one of these in combination with a cereal or with vegetables. Or, on cold days, it may be a lunch built around a hot soup or chowder to hit the spot.

Some good menus on this pattern might be: meat loaf, raw vegetable sandwich, fruit shortcake, and milk; or spanish rice with salt pork or bacon, carrot sticks or other raw vegetable, bread and butter sandwich, stewed dried fruit, and milk; or salt pork and vegetable chowder, muffins, prune cottage pudding, and milk.

A lighter main dish would have a heavier supporting cast of other foods. Light main dishes might be cooked vegetables, vegetable soups, and salads. With an apple and cabbage salad, for instance, a crisp bacon or peanut butter sandwich, creamy rice with raisins, and milk would round out a substantial meal.

Even if there can't be a complete meal prepared at the school, the lunch program is worthwhile nevertheless. It may be one nourishing hot dish and milk and fruit. Or it could be fruit and milk or cocoa to supplement the lunch the children carry to school. Or it might be a nutritious sandwich filling made up at school to go with bread brought from home, other foods brought from home, and a glass of milk.

